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Bangalore Mirror

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SCENE AT KR MARKET UNDERPASS: Escalator unused since installed, water seepage after rain, vacant unlit spaces turn bins for merry-makers

DONE UP FOR ₹17 CR, FORGOTTEN IN 8 MONTHS

BSCL handed over underpass to BBMP, which has not yet got time to maintain it

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

KAUSHIK JN

The Bruhat Bengaluru Mahanagara Palike (BBMP) has been spending a lot of money either to provide new facilities or upgrade the existing amenities in the city. But, once the money is allocated and the work is done, the BBMP becomes oblivious to the existence of such amenities. Maintenance is not a word in the civic agency's dictionary, it would seem.

Take a case in point: The Bengaluru Smart City Limited (BSCL) renovated the underpass at Krishna

CONTINUED ON PAGE 8 »

CITY

Lunch is served

Put the nutrition back on kids' plates

PAGE 5

3 THINGS TO DO

01 What an act!

Kathputliyan Theatre Group presents "Pashmina & Didi IAS". Pashmina is an unfeigned and heartwarming story of humans that takes us through a journey of shared loss and grieving, set in the backdrop of the tragic events that shook Kashmir, while Didi IAS is a satirical comedy that amalgamates the machinations of India's soul-numbing bureaucracy, the artistic environment of the country, and the precious as well as precarious role of dissent. It is a political satire based on a newly appointed minister who wants to call the tune when it comes to 'artists'.
Venue: Alliance Francaise
When: 4 June, 4.30 & 7.30 PM
Tickets: www.bookmyshow.com

02 Drum it up

Bangalore's wait for regular Drum Circles is finally over! Let's get ready for our first community Drum Circle - full of rhythms, connection, and fun. Bangalore Drums Collective (BDC) is the city's very own free for all drumming community of passionate djembe drummers, percussionists, musicians, and happy people. The goal of BDC is to create a welcoming drumming space for everyone.
Venue: Bangalore Creative Circus,
When: 4th June, 5:00pm - 6:00pm
Register: https://linktr.ee/blrcreativecircus
Contact: 96192 96667

03 Write it out

Lahe Lahe brings to you an evening of baring your soul on paper. Every Tuesday, participate in a heart-plucking session of poetry, and good company. Come, share your poetry in a circle and unwind.
Where: Lahe Lahe, Indiranagar
When: May 30, 7.30-9.30 pm
Contact: 9886294444

Chaos, dismay over doctors' transfer

Docs reluctant to move due to language gap, having to leave families behind

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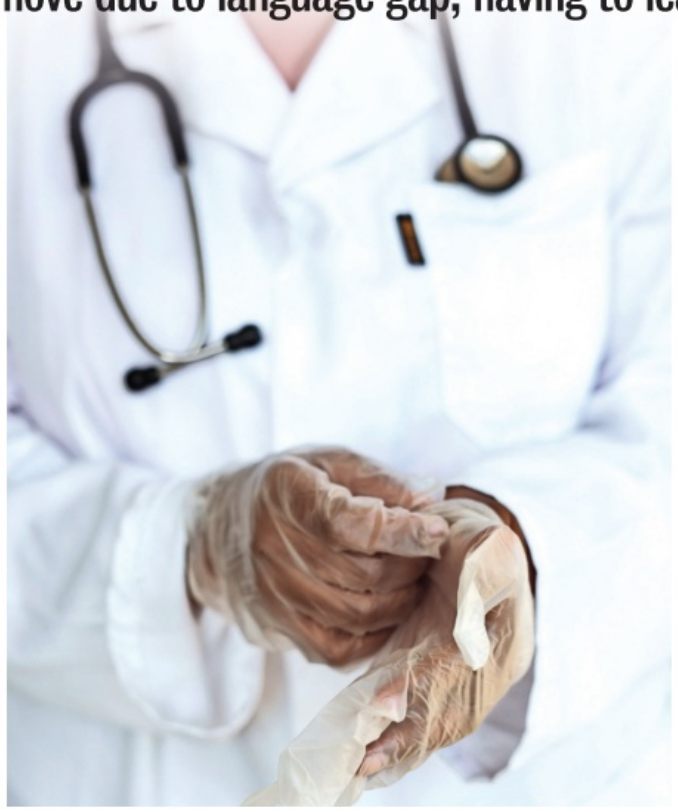
TWEETS @BangaloreMirror



The mass transfer of doctors from the ESIC hospitals across India has not gone down well with the medical professionals and patients of these hospitals.

According to the doctors, 90 per cent of transfers have taken place in the country. In Bengaluru alone, 40 plus doctors have been transferred to different states and doctors are worried that it will lead to language barriers and that many will be unable to leave their families behind.

Recently, the ESI corporation which comes under the Ministry of Labour issues transfers all over India. According to the medical staff, there have been over 1,100 doctors transferred in all the states. The health professionals pointed out that there have been transfers shuffling from different states in Bengaluru, New Delhi, Chennai, Faridabad, Patna. They pointed out that such large number of transfers will affect the functioning of the hospital and the quality of service.

A health professional from ESI hospital Rajajinagar said that every year there are transfers but limited in number. This year, the transfers across the country have gone more than 90 per cent. Doctors from Bengaluru who are transferred to different states might even face a language gap with the patient. And for those patients who have been visiting the same doctor in the hospital would now have to go to some other new doctor from scratch.

Another health professional who was working at ESI hospital in Rajajinagar and was transferred last year disclosed that the transfer only causes a negative impact. "Some of us have families. And it is not easy to take the entire family along and work in another state as the children will be uprooted. We even have elderly people at home who cannot be left behind all by themselves," said the health professional on condition of anonymity.

This apart, the health professionals pointed out that although the transfers have been made, it has created many vacancies. "With lack of doctors at the hospital, how will the patients be treated?" wondered a medical staff.

Many doctors said it was not easy for them to shift with their families dependent on them

Students and doctors from Chennai, Delhi protested holding placards to cancel the transfer orders. This apart, for the students who are studying in the medical college will also be impacted with the staff handling departments like physiology, microbiology, pathology transferred.

The All India United Trade Union Centre (AIUTUC) also opposed this move. The sudden transfer of doctors is a very hasty and inappropriate decision. There are doctors from departments like cardiology, neurology and even plastic surgeons who have been transferred. Now with the transfers, there would be vacancies hampering the lives of patients. The central government should revoke the order immediately, said K Somashekar, State Secretary, AIUTUC.

The medical staff from ESI hospital Bengaluru stated that they have raised concerns over the transfer to higher officials and are waiting for the order to be cancelled.

Code-word: Paintbrush

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TWEETS @BangaloreMIRROR

You might have heard of digital art and NFTs, but now, in the age of Artificial Intelligence (AI), artists are generating art using code.

Creating a space for digital artists, the SOCIAL cafe at New BEL Road is hosting an art exhibition called 'Art of Code'. At the exhibition, artists display complex NFT art meticulously crafted using advanced coding techniques. Patrons can scan and purchase the NFT artworks on display from May 27 to June 27, starting at 2 pm every day.

The venue showcases the biggest names in the NFT ecosystem from India and around the world, including academia and contemporary creators. It offers patrons exclusive access to NFT artworks from renowned artists like Karthik Dondeti, Pixelkar Nitant, Beardcoded, Aranya, KALA, Varundo, and more. This exhibition, in collaboration with Tezos India, features the work of ten artists from across India.

"Through this exhibition, we examine NFTs from both a technical and creative perspective. We utilise blockchain and computational technology to elevate digital art to new heights," says Varun Desai, Head of Tezos India Arts & Culture (TIAC).

Jaalibandar, a designer turned NFT artist who focuses on sci-fi themes such as terraforming, climate change, the Fermi Paradox, and mental health, explains that generative art can be both outcome-specific and non-specific. "My work was in collaboration with a Mexican artist. She is a writer and I mostly work with generative art. We aimed to address aspects like climate change, pollution, and migration. To combine our abilities, we decided to explore different reactions on a planet along with word prompts. As a generative artist, the code serves as the 'paintbrush.' The variables between 0 and 1 determine the outcome of the art form. It allows me to generate art with variations.

"I try to estimate the different factors influencing the scenario and through interpolation and extrapolation, generate art by inputting them into the code," he added.

Generative art can take various forms, including music, visual art, literature, software art, and architecture. Some code written for generative art can last from six months to years. "The process doesn't always involve generating an outcome-specific art. Randomisation is used to introduce an element of surprise for the artist," explains Abhinay Khoparzi, an artist specialising in live coding.

ಹಾರ್ದಿಕ ಅಭಿನಂದನೆಗಳು

ಕಡಿಮೆ ಮಾತು, ಜಾಸ್ತಿ ಕೆಲಸ ಎಂಬಂತೆ
ಸಾಧನೆಯನ್ನೆ ಮಾತನ್ನಾಗಿಸಿ, ನುಡಿದಂತೆ ನಡೆದ ಧೀಮಂತ,
ಮೌಢ್ಯ ವಿರೋಧಿ ಸಮಾಜ ನಿರ್ಮಾಣಕ್ಕೆ
ಶ್ರಮಿಸಿದ ಅಪರೂಪದ ರಾಜಕಾರಣಿ,
ತಮ್ಮ ಚಾಣಾಕ್ಷ ರಾಜನೀತಿಯಿಂದ ಕಾಂಗ್ರೆಸ್ ಪಕ್ಷದ
ರಾಜ್ಯದ ಪ್ರಭಾವಿ ರಾಜಕೀಯ ಮುಖಂಡರಾದ,
ಹಿಂದುಳಿದ ವರ್ಗದ ನಾಯಕರಾಗಿರುವ,
ನೂತನ ಸರ್ಕಾರದಲ್ಲಿ

ಲೋಕೋಪಯೋಗಿ ಇಲಾಖೆ ಸಚಿವರಾಗಿ

ನೇಮಕಗೊಂಡಿರುವ ಕೆಪಿಸಿಸಿ ಕಾರ್ಯಾಧ್ಯಕ್ಷರಾದ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ. ಸತೀಶ್.ಲ.ಜಾರಕಿಹೊಳಿ

ಅವರಿಗೆ

ಹಾರ್ದಿಕ ಅಭಿನಂದನೆಗಳು.

****** ಅಭಿನಂದನೆ ಕೋರುವವರು ******

ಜೆ.ಎನ್. ಶೆಟ್ಟಿ

ಪ್ರಥಮ ದರ್ಜೆ ಗುತ್ತಿಗೆದಾರರು ಘಟಪ್ರಭಾ.

Lake rejuvenation: Stop, start, stop

Desilting for Hosakerahalli Lake's rejuvenation paused for more than 10 days

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TWEETS @BangaloreMIRROR

Rejuvenation work going on at Hosakerahalli Lake in Rajarajeshwari Nagar

After a long struggle, the residents living around Hosakerehalli Lake in Rajarajeshwari Nagar got the Bruhat Bengaluru Mahanagara Palike (BBMP) to take up the much-needed rejuvenation work of the water body, only for it to come back to square one.

The desilting process, a part of rejuvenation, was started a few days ago but has now reached a standstill. Locals say it has been more than ten days since the work stopped without any reasons cited by the civic body.

"For years, sewage from BWSSB channels was let into the lake, making life miserable for people dwelling close to the water body. After fighting various issues, we could finally get the authorities to start cleaning the lake, but now the work has stopped again," said a resident.

Those living in Pushpagiri and Dwarka Layouts, close to the lake, say they are worried about the impact of the upcoming monsoon season.

"We had our houses inundated after a moderate spell of rain a couple of weeks ago. This was due to unfinished drain work. While the drain work is still not completed, they have stopped de-silting the lake as well. The whole area is a mess with broken sewage pipes and clogged drains. We are worried about getting flooded soon," said a resident of Dwarka Nagar

Residents and lake activists also cry foul and allege that although they had requested the authorities to merely remove the weeds, as the lake was de-silted by the BDA in 2017, their plea was ignored.

"Pushpa Giri Nagar and Dwarka Nagar are located in valleys and with the unfinished drain work and lake de-silting process, even a moderate spell of rain will cause havoc in these areas," said Joseph Hoover, former member, State Board for Wildlife and founder, United Conservation Movement and Charitable Trust.

Lokayukta should intervene

Exasperated, Hoover has now reached out to the Lokayukta office, requesting an inquiry.

"It is disappointing that the BBMP, under the duress of a politician, has destroyed the Hosakerehalli Lake in Bengaluru. Considering that we are in the midst of a climate crisis, wherein extreme weather events are battering us, every caution should have been taken to ensure our biodiversity, especially lakes are protected," said Hoover in the complaint.

The letter written on May 28 highlights various discrepancies in the process.

"Though no work order was issued, and no clearance was obtained from the Karnataka Tank Conservation and Development Authority (KTCDA), a 25-foot-wide road was illegally being constructed in the middle of the encroached lake. However, only after the illegality was exposed by citizen activism, senior officials from BBMP visited the lake and agree that the road was being illegally constructed. We were told the contractor had carried out the work without the knowledge of BBMP officials. It is hard to believe that a project as big as Hosakerehalli was being executed without the knowledge of the BBMP," alleges Hoover, requesting the Lokayukta to conduct an inquiry.

Project to resume after monsoon

According to BBMP officials, the desilting work at Hosakerehalli will now begin only after the monsoon season. B Reddy Shankar Babu, BBMP Zonal Commissioner (Rajarajeshwari Nagar) said that no concrete work and de-silting of the laker will now be taken up due to the arrival of the rainy season.

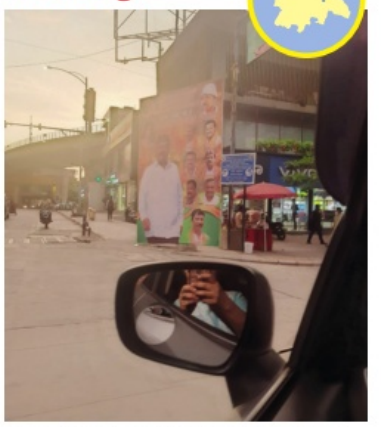
He also said the de-silting work got delayed due to unnecessary interventions by locals on multiple occasions.

"Had we finished de-silting, well within time, the lake's water holding capacity would have doubled and resolved the problem. However, the rainy season is here and thus neither de-silting nor construction of the retaining wall can be taken up now. We have created a team of chief engineers from various departments and zones to finalise an immediate course of action to prevent any untoward incident. We have implemented this solution on a war footing. We can safely say that SWDs in the area are temporarily fixed and the residents will not face any issues. Having said that, BWSSB's pipelines going through the SWDs might still cause backlash into toilets of the houses in the valleys," said Babu.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Remove this
Indiranagar



According to the law, posters are banned. Why is an MLA's poster put up at the KFC junction on 100 Feet Road, Indiranagar?

Hell of a stink
Shanti Nagar

The drainage pipe is damaged right in front of the main entrance of house number 69 since a week on the KH Road (Double Road) and has become a place of mosquito menace. It stinks too, creating many issues. Authorities concerned must take action and solve the issue.

LOST OF CHEQUE LEAFS

B.Hombaiah R/a No.65, Panchami Nilaya, Muncipal Quarters Road, Subhash Nagara, Nelamangala Town, Bangalore District, Karnataka-562123, stating that I have Account (A/c No. 54035674548) in SBI Bank, Nelamangala Branch. I have lost **Cheque leafs No.657802, 657803, 657804, 657805, 657806, 657807, 657809, 657810** accidentally on 28.12.2022 while making RTGS. If anybody finds call to 9880350371 or contact the above address. I have given complaint (Reference No.GSC NO 214/2023) to Nelamangala Town Police Station on 25.05.2023.

'Make public transport accessible to all'

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TWEETS @BangaloreMirror

Greenpeace, an independent campaigning organisation, unfurled a 20-foot LED banner in front of the Vidhana Soudha late on Sunday night. Reading 'Bus for women, Bus for all', the campaign wanted authorities to focus on the other significant aspect to make transport safe and sustainable: accessibility.

The organisation has also sent an open letter to the newly elected Chief Minister pointing that free public transport for women is merely the first step towards making public transport inclusive to all. Stressing that 'uccita prayana' (free travel) only addresses the issue of affordability for women, Greenpeace campaigner, Amruta S Nair, referred to the 2023 Directorate of Urban Land Transport (DULT) report on gender intersectionality, which showed that lack of safety, poor routes, and limited accessibility to general urban infrastructure are major barriers for women in transit. "Over 31 per cent of respondents in the DULT survey have experienced some type of harassment on buses," she said.

Greenpeace has called on the government to introduce measures such as increase in bus fleet size, women-only buses, toilets at bus stops and more. "It is crucial for experts to recognise that decisions on transportation should not be gender neutral since studies have shown that different genders have differing mobility needs and patterns. This scheme also omits sexual minorities and vulnerable groups like transgender communities, children, senior citizens and specially abled," Amruta added.

The DULT survey had found that 49.8 per cent of women use buses for inner-city mobility. With a 25-day work month, maximum fare of Rs 30 and an average daily wage in India between Rs 143 and 247 (derived from the ILO's India Wage Report and data from the National Sample Survey Office), the scheme could save women 10-30 per cent on their monthly transportation costs and encourage more women to use public transport.

Yamuna Ganesh, a garment factory worker and cyclist, said, "We will not be able to reap the benefits until buses become reliable and provide us with last mile connectivity. We have written to BMTC asking for the introduction of mini buses and implementation of bus priority lanes."

Leaky pipe
Sultanpalya

At Sultanpalya Main Road near SBI, there is a sewage leak due to internet cable puncturing the drainage pipe. Sewage has entered water lines.

Cable guys are here: Peenya flyover repair work begins

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Repair work on the Peenya flyover is likely to start this week. An estimated 25 tonnes of material is required for Phase one of repair of the flyover.

The plan is to make the flyover open to heavy traffic in three to four months after implementing the suggestions made by IISc. The contractor has procured the material that will be used to replace the 240 cables.

Chandra Kishen of IISc told BM, "The contract for replacing the cables has been awarded to a company called Freyssinet. The first consignment of material has been procured and brought to the site. By Tuesday, the contractor will provide us with the work statement of their methodology. Subsequently, work will start."

In the first phase, prestressed cables will be inserted in the two slots and once it's strengthened, full traffic will be allowed. The process is likely to take three to four months. After traffic starts moving, the corroding cables will be replaced with epoxy-coated cables.

"As per protocol, a load test will be conducted, followed by cable repair work. There is a specified methodology to assess its capacity to carry live loads. Through that, we will be able to find out about cracking of concrete or damage of cables," he added.

IISc will be overlooking the process of cable repair spanning over roughly three years. Previously, IISc had said the repairs will be completed by 2025. The proposal made to NHAI included adding 240 cables to the existing 120 spans. The remaining 1,200 cables would be replaced one by one.

JUST IN TIME FOR SCHOOL

Meals ready? Let kids have warm & nutritious lunch

BM speaks to experts about what new govt needs to ensure with regard to mid-day meals

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TWEETS @BangaloreMIRROR

Students all over Karnataka have returned to schools, as the new academic year begins. All government as well as aided school administrations have been told to mandatorily provide mid-day meals from the first day itself. The scheme had garnered much attention during the previous academic year – with debates of whether eggs must be provided or a 'sattvic' diet must be introduced. Experts in the field spoke to Bangalore Mirror, suggesting what the new regime must ensure.

"None of the political parties in Karnataka have given the mid-day meals scheme the seriousness it deserves. We have a malnutrition crisis that has a long-term effect in terms of immunity to infections, pregnancy-related complications and non-communicable diseases. The government should focus on a diverse and balanced diet with adequate proteins, vitamins, minerals, fats as well as carbohydrates. For that, apart from cereals and millets, focus should be on eggs, meat, milk, sprouts, vegetables, fats in the diet," said Dr Sylvia Karpagam, a community medicine expert. She added that the food provided should be tasty and can be ensured with hot cooked meals that kids are culturally used to.

"Contracts with all centralised kitchens with ideological agenda resisting eggs, onion and garlic, such as Akshaya Patra and Adamya Chetana should be terminated," she said. The Ksheera Bhagya scheme that provided milk to children needs to be urgently restored, cooks of the mid-day meals should receive salaries on time and be made permanent, and regular health checkup and referral should be ensured." She said there is a need for good educational infrastructure and investment, functional toilets, potable water and kitchen gardens.

> **"As expected, even in the two districts of Karnataka which initially served eggs, 80% of children chose eggs instead of bananas or chikkis**
>
> –Swati Narayan, Right to Food

Bhuvaneshwari, a mother of two, who sends her children to an aided school in Chamarajpet noted that the school refused to serve eggs in her children's mid-day meals. "We hope the government will carry out a scrutiny of such schools to ensure all children are provided with eggs. Daily wager families like ours rely on these meals to ensure our children's nutritional needs are met," she said.

"The new regime must use the resounding mandate to ensure that children's nutrition is boosted across the state. All schools and anganwadis must provide eggs every day, as is the norm in many states in South India with non-BJP governments. Last year, studies in two districts of Karnataka which served eggs clearly showed a spike in attendance and weight gain, especially for female students. This is important as not only are 35% of children in Karnataka stunted, but eggs as protein-dense nutritious foods are ideal for children at a growing age," said an activist with the Right to Food campaign, Swati Narayan.

When asked if the sattvic diet must be considered, she said, the push for a sattvic diet was unjustified. "As per the National Family Health Survey 2019-21 and earlier Comprehensive National Nutrition Survey 2016-18, more than 80% of Kannadigas eat eggs. So it is unlikely that children would have any objection to eating eggs in schools and anganwadis, let alone onion and garlic," she said.

Congress worker murder: 6 held

The police have arrested six accused in connection with the Bengaluru Congress worker's murder in Chowdeshwari Nagar. On Wednesday, the party worker Ravi was killed at 11 pm. The accused had fled the scene. After registering a case, Nandini Layout police station investigated and arrested six people including Manja, Spot Naga, Gopi and Nandini.

Ravi was a tempo driver and a goat farmer by profession. After finishing work on Wednesday evening, he is said to have gotten drunk at a bar and attended the birthday party of Krishnamurthy, a Congress leader from the same area. After the party, when Ravi left for home, the accused who were waiting for him, came on a bike and attacked Ravi. Though he tried to escape, he was beaten to death by the accused. **BMB**

Cocaine seized at KIA from tourist

The Directorate of Revenue Intelligence officials seized 2 kg of cocaine worth Rs 30 crore at the Kempegowda International Airport . A 38-year-old woman arrived at the airport early in the morning on Saturday via Ethiopian Airlines from Ethiopia. The woman, who had a tourist visa, was behaving suspiciously when officers searched her handbag and found cocaine in it. The authorities immediately arrested the woman. **BMB**

4 on weekend trip drown in lake

Rescue workers on Monday fished out the bodies of remaining two out of four youths, who drowned in the Ramanathapura lake in Devanahalli taluk in Chikkaballapura district close to Bengaluru, said officials.

The bodies of two youths were found late Sunday night. The deceased have been identified as Sheik Tahir, Touheed, Shahid, Faizal Khan. All are aged 18 and residents of RT Nagar. Police said the youths had gone on a weekend trip to tourist spot Nandi Hills on Sunday. While returning they had gone to swim in the lake. Police stated that one of the boys did not know how to swim and started drowning. Three others lost their lives in a bid to save him. The villagers, after noticing the bike and helmets, informed the authorities. **IANS**

Some surprises, some not

Deputy Chief Minister DK Shivakumar holds a meeting with BBMP officials on Monday

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TWEETS @BangaloreMIRROR

Tarnataka Chief Minister Siddaramaiah on Monday announced the portfolios for his Cabinet ministers. Deputy Chief Minister DK Shivakumar will be overseeing all the major departments concerning the city as well as the Bengaluru Development portfolio.

While Shivakumar will manage the Major and Medium Irrigation Department -- a portfolio which was managed by him in the previous governments as well --Siddaramaiah will continue with the Finance portfolio and will present the 14th state budget in July.

It was expected that either Dr HC Mahadevappa or Dr Sharanprakash Patil will be given the Health portfolio considering both of them are medical professionals. However, in a surprise move, Dinesh Gundu Rao has bagged the Health portfolio while Patil who had earlier served as Medical Education minister in the previous Congress government will do so as well.

Sources said that senior Congress minister Ramalinga Reddy was not happy with the transport ministry and Shivakumar had met him on Sunday. Now, Reddy has been given additional Muzrai along with Transport portfolios as well. Dr G Parameshwara has been allotted the Home portfolio.

Let's get to work!

New Bengaluru Development Minister DK Shivakumar on Monday ordered BBMP officials to photograph and videograph all developmental work done in the city for the last three years. He said this would help in plugging corruption and claiming bills of even those works where work has not been done.

Shivakumar, who met with BBMP officials on Monday, asked the officials to maintain the status quo of all those works using BBMP grants. He also asked the officials to make a list of all those works where bills were either duplicated or billed twice.

Shivakumar wondered why engineers were handing over the road works to agencies instead of taking over. He said that there was a need for scientific disposal of waste. Bottlenecks should be identified for smooth flow of water during the rainy season.

The Cabinet meeting on June 1 will discuss five guarantees in greater detail

"We need to make BBMP corruption-free. We need to redress people's problems. It is not right for BBMP to depend on the government for grants and BBMP should source its own resources. Earlier, we used to get a lot of funds from the Centre in the form of NURM. We need to come up with a master plan to remodel BBMP. We will also conduct BBMP elections as soon as possible," he said.

On allegations of commission corruption, Shivakumar said he will speak to all the stakeholders including contractors. "We cannot change things overnight."

Shivakumar's orders come at a time when the BBMP is facing allegations of corruption in the awarding of contracts and the execution of works. Meanwhile, Chief Minister Siddaramaiah held meetings with officials on implementation of the five guarantee schemes announced by the Congress party in its poll manifesto. Later, Shivakumar said as a "responsible government", they will fulfil all the guarantees promised. He, however, did not specify any timeline to implement the guarantees, but maintained that the Cabinet meeting on June 1 will discuss fulfilling them.

"There is a Cabinet meeting on June 1, the Chief Minister has the responsibility of the Finance department; he will discuss with officials. We will keep our promise. We will have to do it systematically," Shivakumar said.

WHO GETS WHAT

Name	Designation	Portfolio
Siddaramaiah	Chief Minister	Finance, Cabinet Affairs, Department of Personnel and Administrative Reforms, Intelligence, Information, IT and BT, Infrastructure, Development andall unallocated portfolios
DK Shivakumar	Deputy Chief Minister	Major & Medium Irrigation, Bengaluru City Development including BBMP, BDA, BWSSB, BMRDA, BMRCL (con nected to these authorities related to town planning)
Dr G Parmeshwara		Home (excluding intelligence)
HK Patil		Law and parliamentary affairs, legis lation and tourism
KH Muniyappa		Food & Civil Supplies and Consumer Affairs
KJ George		Energy
MB Patil		Large and Medium Industries
Ramalinga Reddy		Transport and Muzrai
Satish Jarakiholi		Public Works
Priyank Kharge		Rural Development and Panchayati Raj
BZ Zameer Ahmed Khan		Wakf, Housing and Minority Welfare
Krishna Byre Gowda		Revenue (excluding Muzrai)
Dinesh Gundurao		Health and Family Welfare
N Cheluvarayaswamy		Agriculture
K Venkatesh		Animal Husbandry and Sericulture
HC Mahadevappa		Social Welfare
Eshwar Khandre		Forest, Ecology and Environment
KN Rajanna		Co-operation (Excluding Agriculture Marketing)
Sharanabasappa Darshanapur		Small Scale Industries and Public Sec tor Industries
Shivanand Patil		Textiles, Sugarcane Development and Directorate of Sugar, Agricultural Marketing from Co-operation De partment
RB Timmapur		Excise
SS Mallikarjun		Mines and Geology and Horticulture
Shivaraj Tangadagi		Backward Class, Kannada and Culture
Sharan Prakash Patil		Medical Education and Skill Development
Mankal Vaidya		Fisheries and Ports and Inland Transport
Laxmi Hebbalkar		Women and Child Development, Disa bled & Senior Citizens' Empowerment
Rahim Khan		Municipal Administration and Haj
D Sudhakar		Planning and Statistics
Santosh Lad		Labour
NS Boseraju		Minor Irrigation, Science and Technology
Byrathi Suresh		Urban Development and Town Planning (including KUWSDB and KUIDFC)
		excluding Bengaluru Development
Madhu Bangarappa		Primary and Secondary Education
MC Sudhakar		Higher Education
B Nagendra		Youth Services, Sports and ST Welfare

Thumbs up to scan & share service

Iffath Fathima @timesgroup.com

TWEETS @BangaloreMIRROR

The scan and share services for OPD registered initiated by the Ministry of Health and Family Welfare under the Ayushman Bharat Digital Mission (ABDM) has hit a high mark with over 27,11,365 tokens being issued all over the country in different states.

Karnataka has secured the second position with token count going beyond 7 lakh. Amongst all the districts, Bengaluru Urban has taken the lead in issuing more tokens.

The Commissioner of Health and Family Welfare Department (HFW), Randeep D was sent an appreciation later by the National Health Authority, Government of India for reaching this new high.

In the letter by Dr Basant Garg, Additional Chief Executive Officer, it said that Karnataka has become the leader in the country by generating highest number of tokens -- more than 7 lakh till date. Commendably, these tokens are getting generated in facilities across the state. "The said achievement could be gained only by dedicated and passionate team led by a good leader. Accolades also go for proper planning, quick execution, and regular management of progress in this regard," said Dr Garg in the letter.

Under Karnataka, Bengaluru Urban is leading by issuing 2,06,649 tokens, followed by Ballari with 64,128 tokens and Bengaluru Rural has 44,389 tokens issued till date.

The hospitals provide their unique QR codes in patient registration areas for convenient and efficient registration. Patients have the option to use various health applications such as ABHA App, Aarogya Setu to scan the QR code. Thereafter,

> **Patients no longer need to wait in queues for long hours with this system**
>
> –A doctor, CV Raman Nagar General Hospital

they can easily share their ABHA profile, which includes information like their name, age, gender, and ABHA number, with the hospital's Health Management Information System (HMIS).

A doctor from CV Raman General Hospital said, "The patients will not have to wait in queue for longer hours. Once the QR code scanning is completed, it will generate a token number on the patient's phone. The token number should be shown at the 'fast track counter' to get the OPD slip instantly."

FALL ALARM

No, we don't mean autumn. BM takes a look at the anatomy of trees and why more and more are toppling in wind and rain these days

File photo of a tree uprooted in Chamarajpet after rain in early May

| Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

More than 300 trees fell in a matter of few days in the city, becoming a talking point among citizens. Experts are urging the civic agency to opt for indigenous species that take a longer time to grow rather than planting saplings that quickly graduate to trees and have weak roots.

Ravindra Reshme, an ex-professor of Botany, says that trees have played a very important role in the history of Bengaluru and that is why so many roads or bus stops are named after trees such as Sampige Road, Coconut Avenue, Margosa Road and Jedi Mara etc. "We need to go for native tree species with deep-rooted systems that are essential for stability in the soil. The repeated digging and construction activities in urban areas leads to dehydration and weakening of the trees' root systems, making them prone to uprooting. The roots serve the purpose of fixation of the soil against gravity and absorption of water, but when they are repeatedly exposed to air and winds due to digging, dehydration occurs, eventually leading to uprooting," he told BM.

He notes that most tree uprootings occur near narrow roads. Additionally, in areas like Krishna Rao Park Road, where the trees are old and the root systems have weakened, repeated digging exacerbates the problem. To address this issue, he suggests that native trees with deep-rooted systems that can withstand the traffic movement be identified and there should be a halt on repeated digging by organisations such as BESCOM, BBMP, or BWSSB.

He said the case of Cubbon Park is different from residential and commercial areas. "Cubbon Park has flourishing plants and extensive planting efforts are carried out."

"The species planted were fast-growing, but with shallow root systems. Also, as they are planted on concretised areas, they face limitations in root spread –C Nagarajaiah, UAS

C Nagarajaiah, professor and ex-Head of the Department of Forestry and Environmental Sciences at UAS Bangalore who had also served as a former member of the Tree Expert Committee said that when the social forestry scheme was introduced a few decades back, urban planting was one of its components. The focus was on planting fast-growing softwood tree species like Spathodea, Peltophorum pterocarpum (commonly known as copperpod), Delonix regia and Jacaranda etc. "While these species were fast-growing, they had shallow root systems. Furthermore, due to being planted on footpaths and areas with concrete structures, the trees face limitations in root spread, hindering their growth and metabolic activities. As a result, they become vulnerable to hailstorms and heavy winds, leading to their falling," he said.

He also gave the example of certain Neem species planted on Margosa Road. "These trees face challenges due to heavy pollution, resulting in dried branches. Additionally, compacted soil exacerbates their condition. Despite the need for branch trimming, the municipal authorities have not undertaken this task, and there is no proper census or assessment of the health status and condition of the trees. We had earlier proposed to BBMP to check the health of the trees but there was no response," he said.

Environmentalist AN Yellappa Reddy suggests that the civic agency focus on planting only native species, as they tend to be stronger and better adapted to the local environment. "The planting area should be three feet by three feet and should not have any concretisation. The saplings should be four to five feet in height with roots that extend at least 2.5 feet deep, gradually reaching another two feet depth within a year," he said.

He said the BBMP should focus on species such as Saraca asoca, Neolamarckia cadamba, Terminalia arjuna, and Magnolia champaca etc. "I had submitted a proposal advocating for the exclusive planting of native species but it was put in cold storage. There are several reasons why planting native species is crucial. India has distinct wet and dry seasons, with approximately 50 to 100 days of rain and 200 days of dryness. Native species have evolved over thousands of years to adapt to these conditions. So, their genetic characteristics enable them to efficiently utilise photosynthesis, providing more food for root growth. In contrast, exotic species with origins elsewhere lack these genetic adaptations," he said.

Reddy added that soil characteristics also play a vital role in tree growth. "Proper drainage is essential and the soil should be prepared appropriately before planting. Unfortunately, contractors hired by the BBMP often lack proper knowledge and regard for trees, leading to subpar work. Maximum attention needs to be paid to care and maintenance of planted saplings rather than simply focusing on the quantity planted. In Bengaluru, the lack of biodiversity and specific fungi and bacteria necessary for growth further complicate the planting process. There is a need for good fertilisers and systematic planting practices. Though in the last many years, millions of trees have been planted, the survival rate is just less than five percent," Reddy added.

Hollowed out

PHOTO COURTESY: RANJEET KATE

A huge tree had fallen at Lavelle Road recently. When contacted, tree expert Vijay Nishant did a 'post mortem'. He said, "A closer look at the tree and its surroundings show that a drain constructed next to the tree could have accidentally or incidentally weakened the roots. Due to this, the tree has been infected and it gradually became shallow from inside and became a victim of the strong winds and rainfall."

Crash landing

Commuters are having narrow escapes as weak trees or branches keep falling here or there

| Ahna Prakash
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TWEETS @BangaloreMIRROR

A big tree crashed onto the road in the busy traffic area of BTM on Sunday. According to sources, two persons, who were on a bike, were injured in the accident. Commuters from across the city have their heart in their mouths these days as cases of tree and branch falls have become common.

Experts told BM the forest department's negligence in conducting timely tree census has rendered it unable to identify trees that are weak.

"Lat week, I almost got hit by a huge tree branch in Koramangala. I escaped by a few seconds or it would have fallen directly on my head. BBMP should be doing something about this, as the monsoon is almost here and more such accidents are bound to happen," said Anish, a commuter.

Experts say census would have helped, call for citizens to be alert and report sighting of weak trees or branches

Another citizen said instead of cutting trees, BBMP could first analyse and see which tree has weak branches and trim them.

"It was raining heavily a few days ago and a tree branch fell right behind me, after that I started noticing that on some trees, you can see that the branches would fall soon. But if we are on the move on the road, we can't look at trees and ride," he said.

Urban consultant and founder of Project Vruksha Foundation, Vijay Nishant, says that the onus is not entirely on authorities as it is also people's responsibility to report such issues in ward committee meetings.

"Authorities are actually looking into the matter and last week they cleared around 158 trees. There needs to be collaboration between BBMP and the citizens where the residents talk about where they can spot weak trees and branches and they can highlight in their ward committee meeting and then it can be taken forward by the area MLA," he said.

According to him, people only talk about it whenever there is an accident, but there is no continuous monitoring of the trees. "There is also an urgent need for a tree census to identify such trees, because due to constant construction work and digging, Bengaluru's trees have become weak and whenever heavy rain comes, branches and trees start falling," he said.

10 of a family killed in car-bus crash in Mysuru

CM and PM announce compensation for kin of deceased, injured

#Mysuru

Ten persons including four children, belonging to the same family, were killed in a road accident in Mysuru district of Karnataka on Monday.

The accident occurred near Kurubur on Kollegal Main Road near T. Narasipura town when an Innova, in which the family was travelling, collided head-on with a private bus.

According to police, the deceased were returning to Mysuru after visiting Male Mahadeshwara Hill.

Preliminary investigation shows that both car and the private bus drivers were driving at a high speed, resulting in the tragedy. The deceased were identified as Sujatha (40), Sandeep (23), Manjunath (35), Poornima (30), Gayathri (28), Aditya, Basava, Kotresh (45), Pavan (10) and Karthik (8).

The deceased belonged to the same family and hailed from Sanganakallu village in Ballari district. Superintendent of Police Seema Latkar stated that the driver of Innova lost balance and collided with the bus. The condition of two others, who are yet to be identified, is critical.

Chief Minister Siddaramaiah expressed grief over the incident. He also announced Rs 2 lakh compensation each for the family of the deceased. Those who were injured will be provided treatment.

Prime Minister Narendra Modi also expressed grief over the loss of lives in and announced an ex-gratia of Rs 2 lakh each for the next of kin of the deceased and Rs 50,000 for people who sustained injuries. A tweet by the Prime Minister's Office said, "Deeply saddened by the tragic accident in Mysuru, Karnataka. My thoughts are with the families who have lost their loved ones. Praying for the speedy recovery of those injured."

State Sugarcane Growers' Association President Kuruburu Shantakumar stated that the accident took place due to negligence of the National Highway Authority of India (NHAI). The authorities have not done jungle cutting beside the road. As a result, the drivers were not able to see the opposite vehicles resulting in such a tragic incident.

"NHAI should take the responsibility for the incident," he alleged **IANS**

Yellow alert: It may rain today

The India Meteorological Department (IMD) has sounded a yellow alert for Bengaluru on Wednesday. IMD scientist A Prasasd said that heavy rainfall is predicted in the following districts on Wednesday: Kolar, Tumakuru, Bengaluru Urban, Bengaluru Rural, Mandya, Chamarjanaagar and Ramanagar. In fact, the city can expect rainfall for the next five days. Prasad said that the city can experience a squall in the evenings when surface winds can have speeds of more than 40 kmph.

This is due to two weather patterns: currently there is an upper air cyclonic circulation over Telangana and another trough from south Chhattisgarh till interior Tamil Nadu.

The rainfall will be more in south interior Karnataka. Light to moderate rainfall will be expected in the coastal districts. From March 1 till today, Bengaluru has received 28 cm of rainfall. This is 12 cm more than average rainfall during this season.

DGCA nod to night landing facility at Kalaburagi airport

Directorate-General of Civil Aviation (DGCA) has approved the night landing facility at Kalaburagi Airport in Karnataka on May 17, 2023, an official statement said on Monday.

The Kalaburagi Airport was inaugurated on November 22, 2019, by the then Chief Minister of Karnataka B S Yediyurappa. It has a runway of 09-27 (3175m x 45m) and an apron suitable to park 03 aircraft (1 A-320, 02 ATR 72/Q-400.), the statement added.

According to the statement, there has been a demand for providing night landing facilities to the airport for a long time. With the approval by DGCA for the night landing facility the Aerodrome License for the airport has been amended from VFR (Visual flight rules) to IFR (Instrumental flight rules) for All Weather Operations. **ANI**

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CHANGE OF NAME

I, RAMESH UGRAIAH S/o. Ugraiah Residing at No. 595, 1st Floor, 2nd Main, 60 feet Road, RHCS Layout, Annapoorneshwari Nagar, 2nd Stage, Nagarabhavi, Bengaluru- 560072 have changed my minor son's name from BEENA AMRRUTH BENGALURU RAMESH to VISHNU AAMRUTH RAMESH vide affidavit dated 28.05.2023 Sworn before notary: K.S.Nataraja, Bangalore

WE, KRISHAN KUMAR and MEGHA KHURANA, R/a 16092, Prestige Lakeside Habitat, Varthur Main Road, Gunjur, B'lore 560087, have changed our minor Daughter's name from PEARL to PEARL MAKHIJA, vide affidavit dated 29/05/2023 before Notary B. SESHAGIRI, Bengaluru.

I Rajesha.A.R S/o Ramaiah A.C R/o Santemavathuru, Kasaba Hobli, Arepalya, kunigal Rural, Tumakuru 572130, Karnataka have changed my name to Rajesh.A.R for all purposes.

I Balaji Ashwathnarayana S/O Ashwathnarayana P R/o 284/1 Balaji Nilaya Ck Farm Indranagar Nagasandra Post Bangalore 560073 have changed my name to Balaji Ashwathnarayana Nelagadaranahalli for all purposes

I, Sheik Faiyaz Akbar Imroz Babu R/O # 10, 1st Cross, F Block, Kanakanagar, RT Nagar Post, Bangalore - 560032 have changed my name to Sheik Faiyaz Akbar dated - 27/05/2023

I, Sandhya N S R/o Neriga Village, Sarjapur Hobli, Anekal Taluk, Bengaluru -562125 have changed my minor son's name from Sathwik Reddy P to P Kaathwik Reddy

LOST & FOUND

I, Sabu T Varghese R/o No.413, 4th A Cross, 2nd Block, H.R.B.R Layout, Kalyan Nagar, B'luru - 560043 have lost the registered Sale Agreement bearing No. HBB-1-01606-2014-2015, bearing CD No. HBBD 157, dated 18-06-2014 of Book 1 registered in the name of Sabu T Varghese if found contact #9353263915

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Why waste public money on esclator that is unused?

CONTINUED FROM PAGE 1

Rajendra Market by spending Rs 17 crore. The renovation work included development of roads and bus bays near the underpass. Though the BSCL took more than 12 months for the renovation of the underpass, it ensured all amenities at the underpass, including an escalator at an estimated cost of Rs 32 lakh for the benefit of senior pedestrians. However, a look at the underpass today and it is already crying out for the attention of authorities concerned.

According to the BSCL authorities, the underpass renovation was completed eight months ago and it was immediately handed over to the BBMP Road Infrastructure Department. The escalator, with no maintenance staff, remained as a showpiece at the entrance of the underpass.

"I am shocked that the escalator has remained static all these months. What is the use of wasting public money on the escalator if it is not put to use for the benefit of senior citizens? The BBMP must take measures to ensure the escalator functions without any hurdles," said Ramakrishna Rao, a pedestrian.

A few pedestrians also complained about water seepage at the underpass. They said the authorities have failed to appoint housekeeping staff to keep the underpass clean. It is said the BSCL has installed an automatic water pump to remove the accumulated water at the underpass whenever it rains heavily.

"If the underpass is not cleaned on a regular basis, plastic and garbage accumulates at the spot where the automatic water pump is installed. This accumulation will hamper the water pump and it will stop working thus causing flooding of the underpass during the monsoon. The need of the hour is to focus on the maintenance of the underpass," said a BSCL engineer on the condition of anonymity.

The vacant space, especially the cattle trap, in front of the entrance on the south side of the underpass has become a destination for miscreants to create a nuisance at night. As there are no street lights in that area, they gather there, sometimes to have a drink. The cattle trap is full of garbage, including empty plastic bottles. "The vacant space between the two roads near the underpass has become unsafe for pedestrians who use the underpass after 7 pm. The BBMP has to install one or two street lights to ensure proper lighting here. I clear garbage at the cattle trap every morning but the condition of the trap becomes the same the next morning," said Ganesh P, a vendor.

BBMP Executive Engineer (Road Infrastructure) told BM that measures would be taken to fix the water seepage issues at the underpass shortly. "The BBMP staff were busy with election work. All the problems at the underpass will be fixed in a few days," said the BBMP Executive Engineer.

HEALTH TIP: Radishes contain potassium which is essential for controlling your heart rate and blood pressure

Beetroot is rich in calcium, which helps prevent osteoporosis and maintain a healthy metabolism

BangaloreMirror 9
Tuesday, May 30, 2023
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CUT THE FLAB

But do it fast or take it easy? Here's what study says about slow and fast weight loss

When people decide it's time to lose weight, they're usually keen to see quick results. Maybe they have an event coming up or want relief from health problems and discomfort.

But expert guidelines typically recommend slower weight loss for the treatment of obesity. This tallies with a widely held opinion that fast weight loss is more quickly regained.

Slow weight loss is generally perceived as better for your health and more sustainable.

Many programs offering "the fastest way to lose weight" are considered fad diets that severely restrict calories or eliminate some foods.

But does slow and steady really win the weight-loss race? Or is fast weight loss just as effective and safe?

Governing bodies typically recommend a weight loss of 0.5 to 1 kilogram each week, which would be defined as slow weight loss.

So fast weight loss – also termed "rapid weight loss" – is losing more than 1 kilo a week over several weeks.

There are several well-conducted studies examining differing approaches.

One study of 200 people randomly assigned them to fast or slow weight loss – 12 weeks versus 36 weeks – aimed at a 15 per cent reduction in weight.

The fast weight loss group was put on a very low energy diet using meal replacements, including shakes, bars and soups, three times per day. The slow weight loss group was advised on the Australian Guide to Healthy Eating with the goal to eat 500 calories less than they used for energy (creating a calorie deficit) each day. They also used one to two meal replacements daily.

Some 50 per cent of the slow weight loss group and 81 per cent of the fast weight loss group achieved 12.5 per cent or more weight loss during this time.

After this initial phase, those who had lost 12.5 per cent or more were then placed on a weight maintenance diet for approximately 2.75 years.

By the three-year mark, 76 per cent of those in the slow weight loss and the same percentage of those in the fast weight loss group had regained their lost weight.

So, it didn't matter if they had lost it slowly or fast, they still regained the weight.

However, another study on 101 postmenopausal women found fast weight loss resulted in better outcomes than a slow weight loss group at the three-year mark.

But there are other factors to consider, aside from weight loss, when it comes to the differing ways of losing weight – such as changes in body composition and bone mineral density.

This is best highlighted by a large meta-analysis. These types of studies combine the results of all previous well-conducted studies on the topic.

While this analysis found the magnitude of weight loss was similar for both approaches, slow weight loss resulted in better outcomes than fast weight loss with respect to metabolism or how many calories we burn at rest.

There were no differences in the amount of fat-free mass or muscle mass lost between the slow and fast weight loss groups. But slow weight loss resulted in greater reductions in fat mass and therefore a better fat-to-muscle ratio.

Slow weight loss also seems better for bone density, because rapid weight loss results in twice as much bone loss and puts a person at increased risk of brittle bones or osteoporosis.

Research shows it doesn't matter what type of macronutrient diet you follow – moderate or high-protein diet, low or high-carbohydrate diet, low or high-fat diet. All diet approaches achieve similar weight loss outcomes.

The same can be said for fashionable ways of cutting calories from the diet, such as intermittent fasting.

Research has shown such diets don't result in any better weight loss results than any of its predecessors. This is because our body is extremely good at protecting against weight loss.

Your metabolism

When you lose large amounts of weight, your resting metabolic rate – the energy you burn at rest – will lower. Keeping your resting metabolic rate high is essential for keeping the weight off. Unfortunately, once it slows down, your resting metabolic rate doesn't recover to the level it was pre-dieting even after you regain weight.

However, research has confirmed slow weight loss preserves your resting metabolic rate compared with rapid weight loss. As does a weight loss program that includes exercise rather than one that focuses on diet alone.

Side effects

While restrictive diets can achieve rapid results, studies suggest they can come with adverse effects. This includes a higher risk of gallstones and deficiencies that can result in poor immune function, fatigue and a decrease in bone density. Such restrictive diets can make it challenging to meet your nutritional needs.

Sustainability

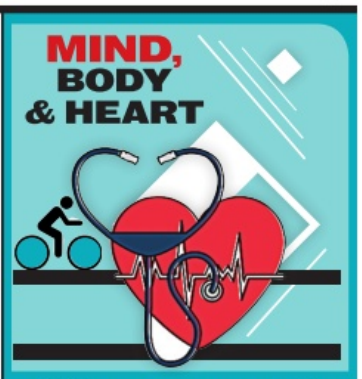
Many fast weight loss diets restrict or exclude foods required for long-term health. Carbohydrates are often banned, yet wholegrain carbohydrates are an essential source of nutrition, helping with weight loss and prevention of disease. Including meal replacements as part of a restrictive diet is also not sustainable for long.

Regardless of how you lose the weight, it's very difficult to maintain losses. Our bodies work to keep our weight around a set point by adjusting our biological systems and imposing a series of physiological changes within the body to ensure we regain weight we lose. This stems from our hunter-gatherer ancestors, whose bodies developed this survival response to adapt to periods of deprivation when food was scarce.

Successful long-term weight loss comes down to:

1. following evidence-based programs based on what we know about the science of obesity
2. losing weight under the supervision of qualified health-care professionals
3. making gradual changes to your lifestyle – diet, exercise and sleep – to ensure you form health habits that last a lifetime.

By Nick Fuller, University of Sydney, The Conversation



All you need to know about...

Osteophyte

What is it?
Osteophytes are a sign of osteoarthritis due to wear and tear on a joint. As a consequence, bony lumps tend to grow at the edges of joints and on vertebrae in the spine. In the spine they may press on a nerve causing pain such as sciatica.

What are the symptoms?
There often aren't any. You may only find out you have osteophytes when you have an X-ray for another reason. But problems can arise if the bony spurs rub against bone or muscles, affect your movement, or put pressure on nerves. The main symptom of an osteophyte is pain and stiffness, but symptoms can include pins and needles, numbness or weakness in the arms and legs, and lumps on joints like the fingers, big toe, heel and ankle.
Always alert your GP if you have joint pain or stiffness, and you have numbness or weakness in any part of your body.

What are the possible treatments?
Treatment is only needed if osteophytes cause problems such as pain and stiffness.
As osteophytes are usually closely linked to arthritis, the treatments you might need are similar to treatments for this, and would include painkillers such as paracetamol and ibuprofen, physiotherapy, and losing weight if you're overweight.
Surgery is a last resort for a joint that's badly affected. A hip or a knee may be replaced, and osteophytes pressing on a spinal nerve can be surgically removed.

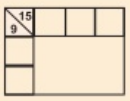
—Dr Miriam Stoppard, Daily Mirror

SOLVE IT IN A MINUTE

A man is four times as old as his son, in four years time, he will be three times as old. What are their ages now?

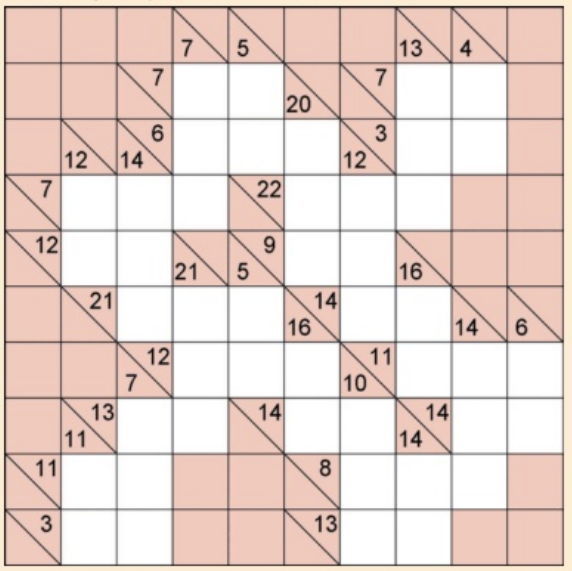
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

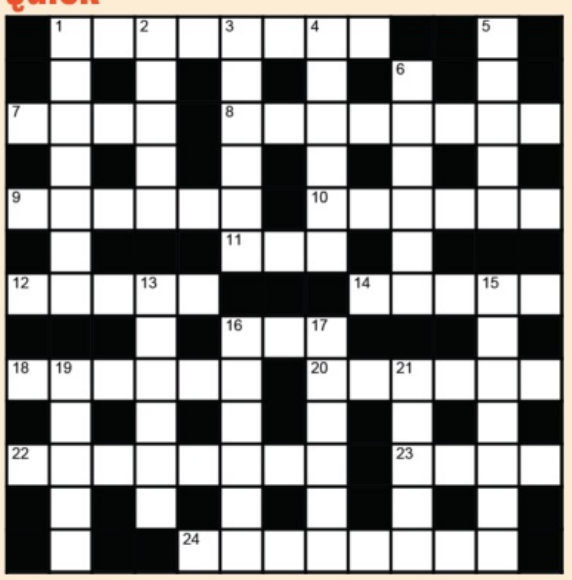


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 New York theatre land (8)
7 East Asian desert (4)
8 Court of justice (8)
9 Transgressor (6)
10 Dissolute (6)
11 To explore secretly (3)
12 Type of beet (5)
14 Believer in God (5)
16 Hairpiece (3)
18 ___ Kapoor : Brahmachari of Brahmachari? (6)
20 Approximately (6)
22 Scottish city (8)
23 Regatta items (4)
24 Chaos, frenzy or panic (8)

DOWN

1 Rather rude and uncouth (7)
2 One of the constellations (5)
3 Discourages (6)
4 Bird house (6)
5 Strikes sharply (5)
6 Shoe fastener (6)
13 Comment (6)
15 Spiced Spanish wine (7)
16 With sagacity (6)
17 Red silicate mineral used as a gem (6)
19 City in North Karnataka (5)
21 Smell (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS T

JO EQO EWW EVH HY TOWPOZO JMEH HMO JYQWS TOWPOZOG ETYAH AG.

Linemaro

You are the only person that can make my heart beat faster and slower at the same time

Mindchow

Among mortals second thoughts are wisest

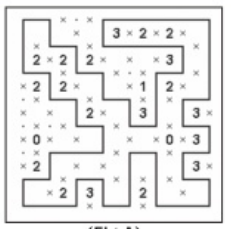
Joke of the day

Father: Why aren't you doing very well in history?
Son: Because the teacher keeps asking about things that happened before I was born!

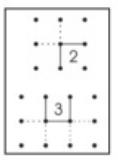
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



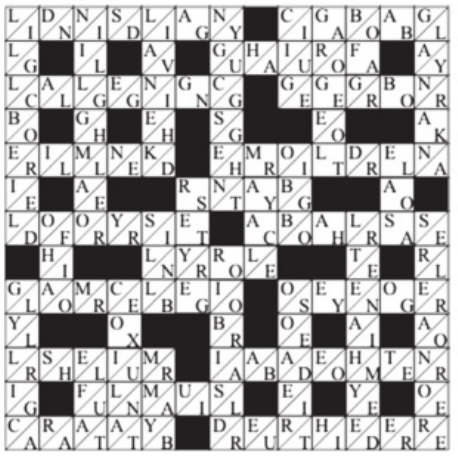
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

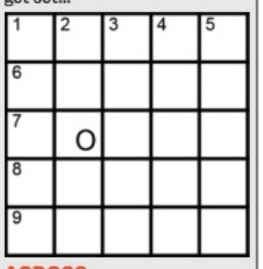
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

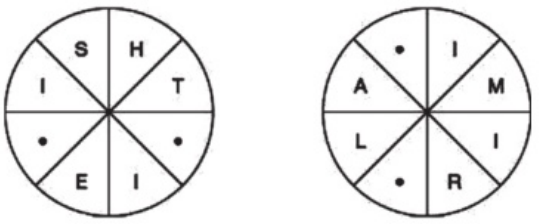
1 Hakas; 6 As Aug;
7 Bohr's; 8 Are to;
9 Blade

DOWN

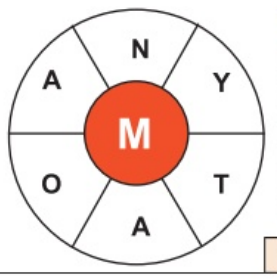
1 OK Bab; 2 A Argo;
3 A slur; 4 The as;
5 Hades

Mensapuzzle

Complete the words that are synonyms, clockwise or anticlockwise.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 05 Outstanding

SudokuChallenge

				9				
7		4		8	3	5		
		5			2		6	
	1		4					5
4		8				2		1
6					7		9	
	4		3			9		
		7	1	6		3		2
				2				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 20
4 6 9 9

Medium = 34
1 3 8 9

Hard = 39
2 7 9 7

Hocusfocus

Find at least six differences in details between panels.

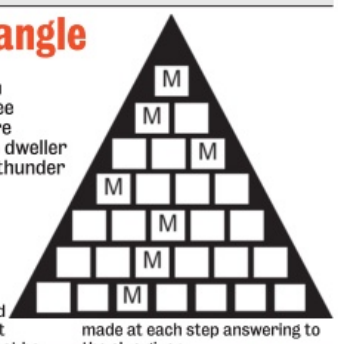
Differences: 1. Towel rack is moved. 2. Leg is moved. 3. Floor mat is smaller. 4. Soap dish is moved. 5. Row of tile is missing. 6. Door is not showing.

Riddler

The more you run, the harder I am to catch. What am I?

Alpha triangle

1 13th letter
2 Personal pronoun
3 Popular shade tree
4 Stubborn creature
5 Madagascan tree dweller
6 Sound of distant thunder
7 Moves clumsily



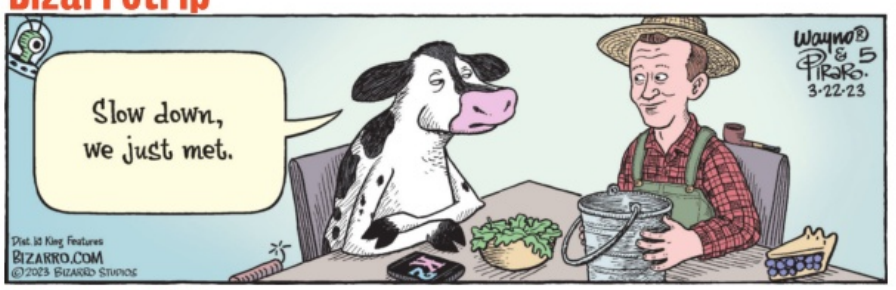
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

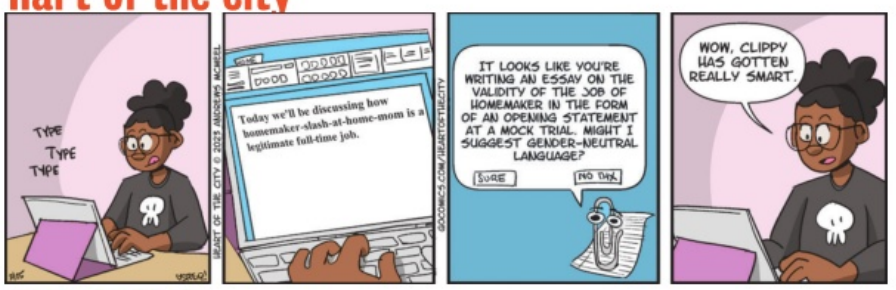
Redeye by Mel Casson

Bizarrotrip

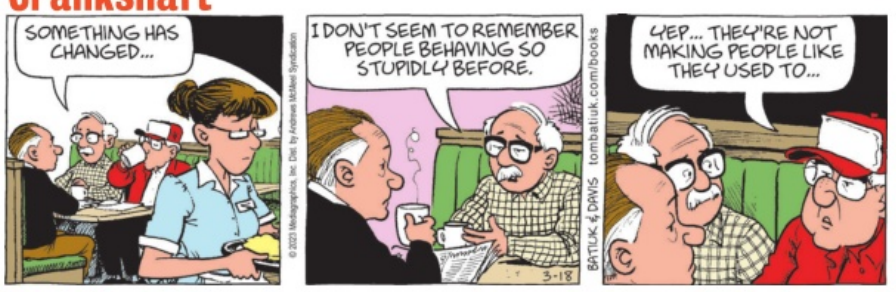


Diamond Lil

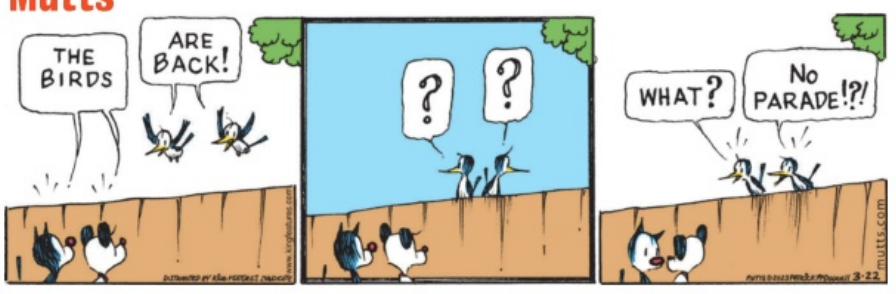
Hart of the city


TYPE TYPE TYPE
Today we'll be discussing how homemaker-slash-at-home-mom is a legitimate full-time job.
IT LOOKS LIKE YOU'RE WRITING AN ESSAY ON THE VALIDITY OF THE JOB OF HOMEMAKER IN THE FORM OF AN OPENING STATEMENT AT A MOCK TRIAL. MIGHT I SUGGEST GENDER-NEUTRAL LANGUAGE?
SURE
NO THX
WOW, CLIPPY HAS GOTTEN REALLY SMART.

Crankshaft


SOMETHING HAS CHANGED...
I DON'T SEEM TO REMEMBER PEOPLE BEHAVING SO STUPIDLY BEFORE.
YEP... THEY'RE NOT MAKING PEOPLE LIKE THEY USED TO...
3-18
tombatiuk.com/books
BATIUK & DAVIS

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the moon. Your destiny is with you. Projects that were postponed are likely to be started now. You may have elders' blessings, which may help you to come out of a messy situation. This may boost the speed of your work. Domestic harmony may make you happy after some disputes between family members are resolved. Your creativity may be improved now.

Taurus Apr 21 – May 20
Today, you may feel dull. Due to too much work, you are likely to be mentally tired. You may try to ignore your responsibilities. Lack of patience may make you arrogant. It may affect your professional and personal life. There may be some arguments with your spouse; you are advised to tackle the situation patiently, otherwise it may affect your respect in the society.

Gemini May 21 – Jun 21
Your destiny may be with you so today is a favourable day. You may have ample opportunities. You may create new contacts. Your wisdom may help you implement new creative plans in your work. Your dignity may be increased. There may be some plans in your mind to spend money in renovation for your house or office. Your investments in fixed assets may pay off in terms of profits.

Cancer Jun 22 – July 23
Today, you may dedicate your time to do something creative. You may plan to rebuild your house or workplace. Your creativity and in-depth knowledge may help you implement your plan. You may interact with new people at your workplace for a new contract. Job seekers may get new jobs. Students are advised to avoid speculation in their studies.

Leo Jul 24 – Aug 23
Today, you may feel dull. You may feel some negative vibrations around you. Your focus may not be good and you may not give your output in your work, which may lead to confusion. You are advised to postpone investments related to business or buying new assets. You are advised to postpone the start of new business for a while.

Virgo Aug 24 – Sep 23
Today, you are advised to avoid hurrying. You should also drive safely. But with the blessing of the stars, you may come out of the problems. There may be more romantic moments in your personal life and domestic life will be harmonious. You may expect some positive results in partnerships. Love birds may plan to get married soon. There may be some good news for students.

Libra Sep 24 – Oct 22
Today, you may feel courageous and energetic, which may show in your way of working. You may have good focus towards your goals. You are likely to go on a short trip that may increase your network. You are advised to avoid harsh conversations with your spouse as that may create a lack of harmony in domestic life.

Scorpio Oct 23 – Nov 22
Today, you may spend money for your family. It may affect your financial health. You are advised to avoid spending money on worthless things. You are advised to read documents twice before signing them. It is advised to control your straightforwardness to maintain harmony in your domestic and professional life. Dentists, motivational speakers and call centre executives may do better.

Sagittarius Nov 23 – Dec 22
Today is a good day in terms of gains. You may get results with less effort. Your losses may be converted into profits with the help of your wisdom. You may plan to upgrade yourself by doing some additional academic courses. You may donate some amount to a religious place or charity. You may also help a needy person. Some investment into intellectual assets may be possible.

Capricorn Dec 23 – Jan 20
Today you may feel dull. You may have some health-related issues. Chronic disease may reappear. You are advised to avoid rash driving/riding. You are advised to avoid conflicts with the business partner, so avoid taking important decisions in terms of business today. Investments in business or work may be postponed.

Aquarius Jan 21 – Feb 19
Today, you may be blessed by your destiny. Projects that were postponed may be started now. Your elders' blessings will come to your rescue in case of a messy situation. This may give you a boost professionally too. Disputes between family members are likely to be resolved which may increase in domestic harmony. Your creativity may be improved.

Pisces Feb 20 – Mar 20
Today is a good day and you will feel enthusiastic. With the help of good focus, you may perform well at your business and work. Your boss may be supportive and you may be given some new responsibilities in terms of promotion. You may decide to visit some religious place. It is advisable to avoid arrogance, especially in your domestic life.

KIDZONE

Vikramaditya, 8 years, Bangalore International School

K Anagha, 10 years, Sri Rama Vidyalaya

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Present Age
Man = 4s
Son = s
In 4 years
Man = 3(s+4)
Son = s+4
4s+4 = 3(s+4)
4s+4 = 3s+12
s = 8
Present Age
Man = 32 yrs old
Son = 8 yrs old
In 4 years
Man = 36 yrs old
Son = 12 yrs old

BULL'S EYE
ANATOMY, atom, many, moan, moat

FAST FIVE

K	A	S	H	A
A	G	U	A	S
B	O	R	S	H
O	R	A	T	E
B	A	L	E	D

STRIKE OUT

C	A	T	T	Y	D	E	R	I	D	E	R			
I	F	L	A	I	L	E	E	E	O					
R	H	E	U	M	A	B	D	O	M	E	N			
Y	X	B	E	A	G									
L	O	R	E	L	E	I	S	Y	N	G	E			
H	L	Y	R	E	E	L								
D	O	R	I	T	C	O	A	R	S	E				
E	E	S	T	A	B	O								
R	I	L	E	D	E	R	I	T	R	E	A			
L	A	G	G	I	N	G	E	G	G	O	N			
I	N	N	S	I	G	N	C	A	B	A	L			

QUICK

												I		
											L	K		
A	B	E	R	D	E	E	N		O	A	R	S		
S	H	A	M	M	I		A	R	O	U	N	D		
C	H	A	R	D				D	E	I	S	T		
S	I	N	N	E	R		R	A	K	I	S	H		
G	O	B	I		T	R	I	B	U	N	A	L		
O	R		E		A		C		P					
B	R	O	A	D	W	A	Y		K					

MENSA PUZZLE
THIEVISH, CRIMINAL

QUOTE UNCODE
We are all apt to believe what the world believes about us.

RIDDLER
Your breath

SUDOKU

3	6	9	2	4	1	5	7	8
5	8	7	1	6	9	3	4	2
2	4	1	3	7	5	9	8	6
6	5	3	2	1	7	4	9	8
4	7	8	9	5	6	2	3	1
9	1	2	4	3	8	6	7	5
1	9	5	7	4	2	8	6	3
7	2	4	6	8	3	5	1	9
8	3	6	5	9	1	7	2	4

GO FIGURE
Easy
9 + 9 – 4 + 6 = 20
Medium
9 x 3 + 8 – 1 = 34
Hard
7 + 9 x 2 + 7 = 39

ALPHA TRIANGLE
M, Me, Elm, Mule, Lemur, Rumble, Lumbers.

LOOP

KAKURO

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Keanu Reeves rocks— Hollywood star Keanu Reeves made a rare stage appearance as he joined his band Dogstar for a gig at the 2023 BottleRock Napa Valley festival

Starry sojourn

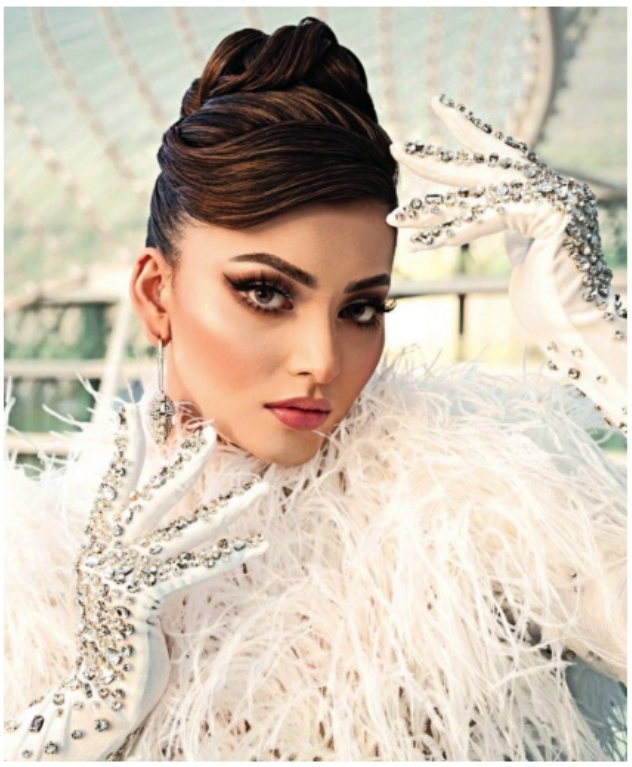
Sara speaks about meeting cine stars from all across the world at Cannes

Sara Ali Khan made her debut at the Cannes Film Festival this year. Some of her dresses were hit while some were a miss, but she made sure she enjoyed the time while she was present at the film festival. Talking about her experience at the festival she said that every country has its own culture and seeing it being celebrated gives a different high. She was with actors from Saudi Arabia, Egypt, Lebanon and Paris, despite their national differences they have the same passion for cinema and cinema truly transcends nationalistic boundaries. She also got a chance to meet Leonardo Di Caprio . She also added that she would love to walk the red carpet someday with Ryan Gosling, though right now she is walking with Vicky Kaushal as they are promoting their upcoming film.

Sara will next be seen with Vicky Kaushal in Zara Hatke Zara Bachke, which is releasing in theaters in June. She was last seen in Gaslight with Chitrangada Singh and Vikrant Massey. She will also be seen in Ae Watan Mere Watan where she plays the role of freedom fighter Usha Mehta.

—ETimes

Urvashi's new address



It's been a search of sorts for Urvashi Rautela, who was hunting high and low for a bungalow for a few months now. ETimes has it that the actress has finally settled down in a bungalow which has the same compound wall as Yash Chopra's iconic bungalow in Mumbai's Juhu. ETimes also has it that she had zeroed down on a bungalow by the name of Celest in Lokhandwala Complex. For some reason, she did not settle on 'Celest' and is now occupying a bungalow in Juhu Scheme.

—Vickey Lalwani, ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Father-son bond

Kannada films have often explored the father-son relationship and Agrasena that is to release shortly is one more dive into that concept. Mamatha Jayarama Reddy is the producer of the film to be directed by debutant Murugesh Kannappa, who worked as associate director for the movie Bajarangi under director Harsha.

Amar Viraj plays the lead while Rachana Dasarath, known for her performance in serial Gowripurada Gayyaligalu, is paired with him. Agasthya Belagere plays a key role. Veteran actor Ramakrishna plays the hero's father. It is Ramakrishna's 200th movie.

The teaser of the movie was released at a function held recently. Producer Reddy said the introductory song of the film has got more than one million likes. "Another song – Dasara Bombe – has also become a huge hit," she said.

Director Kannappa said the song was released by Dr Shivarajkumar. "Agrasena is a family drama. The movie has two themes. One is about the father and son relationship and the other about the hero's struggle for his lover. Ramakrishna's character has two shades."

Clean comedy

Music director V Manohar has been busy with his second movie – Darbar – as a director. Manohar has handled the megaphone for a Kannada movie after a gap of 26 years. His maiden movie O Mallige was released in 1997. Darbar's team has been touring the state to promote the movie.

"Many people in Gandhinagar, the hub of Kannada film industry, were apprehensive when I was to direct O Mallige in1997. The success of O Mallige was the answer for those who underestimate my ability. Now, many are asking whether Darbar has risque dialogues. Let me make it clear that Darbar has such dialogues. It is a neat comedy entertainer," said Manohar.

He said the movie is about a person who does not like people gossiping and playing cards in the village. "The villagers, especially those who like to gamble and gossip, decide to take on the hero at the panchayat election. Initially, the heroine does not like the hero but an incident makes her come close to him," he said. He said Sadhu Kokila and Naveen D Padil provide comic relief while Gichi Gili Gili Karthik assays a different type of role. "We have given opportunities to theater artistes from Mandya and Maddur."

Perfect Masala Chai,
Ab Koi Bhi Bana Paaye.
7 Refreshing* Spices in every sip
PREMIUM* SPICED TEA
WAGH BAKRI
Best Quality Tea For Over 100 Years
Helps Boost Immunity*
7 मसालायुक्त चाय REFRESHING* SPICES IN EVERY SIP
Clove
Ginger
Nutmeg
Cardamom
Black Pepper
Cinnamon
Piper Longum
Celebrity Chef
Sanjyot Keer
13 Million+ Subscribers
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Attractive Container Free***
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